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› BCAN 450/550 LBS Foldable Mini Trampoline, 40"/48" Fitness Trampoline with Bungees, U Shape Adjustable Foam Handle, Stable & Quiet Exercise Rebounder for Adults Indoor/Outdoor Workout 40IN 40-BLACK

BCAN TX-6232CU

BCAN Foldable Mini Trampoline Instruction Manual

Brand: BCAN

Model: TX-6232CU

1. PRODUCT OVERVIEW

The BCAN Foldable Mini Trampoline is a versatile fitness rebounder designed for indoor and outdoor workouts. It features a robust construction with a high weight capacity, a quiet bungee cord system, and an adjustable foam handle for enhanced stability and comfort during exercise.



Figure 1: BCAN 40-inch Foldable Mini Trampoline with U-shape adjustable handle.

LARGER JUMPING AREA



Figure 2: Key dimensions of the 40-inch BCAN Mini Trampoline, including jumping area and handle height range.

2. SETUP AND ASSEMBLY

The BCAN fitness trampoline comes approximately 60% pre-assembled, simplifying the setup process. Assembly can typically be completed within 10-20 minutes using the provided tools.

2.1 Unfolding the Frame

Carefully unfold the trampoline frame. Ensure that the pre-installed bungee cords are properly secured. Avoid placing fingers near hinges during the unfolding process to prevent pinching.

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Video 1: Official BCAN installation guide for the bungee trampoline. This video demonstrates the unfolding process, bungee installation, leg attachment, and handle setup. (Source: BCAN Seller)

For visual guidance on unfolding and assembly, refer to Video 1. Pay close attention to the safety warnings

regarding hinges and proper handling.

2.2 Bungee Cord Installation

While many bungees are pre-installed, you may need to attach additional ones. Use the special tool provided to hook the bungee cords onto the frame. Ensure all bungees are evenly distributed and securely attached for optimal performance and safety.



Figure 3: Detailed view of the high-quality polymer bungee cords, designed for a smoother and quieter bounce, protecting knees and back.

2.3 Leg Attachment

Screw the legs firmly into the designated sockets on the trampoline frame. Ensure all legs are tightened completely to prevent wobbling during use.

2.4 Handlebar Installation

Attach the U-shape adjustable foam handle to the frame. The handlebar offers 4 levels of height adjustment, ranging from 2'6" to 3'5" (from the mat), allowing users to customize it for comfort and stability. Ensure the handle is securely fastened before use.

4-LEVEL HEIGHT ADJUSTABLE



Foam Handle



Adjustable Knob



Fixed Knob

Figure 4: The U-shape adjustable foam handle provides additional support and confidence during workouts. It can be adjusted to four different height levels.

3. OPERATING INSTRUCTIONS

The BCAN Mini Trampoline provides a stable and quiet platform for various exercises. Its bungee system ensures a smooth rebound, reducing impact on joints.

3.1 General Usage

Step onto the trampoline carefully, using the handlebar for support if needed. Begin with gentle bounces to familiarize yourself with the rebound. You can perform various exercises such as jogging in place, jumping jacks, or simple health bounces where your feet do not leave the mat.



Figure 5: The premium bungee system ensures a quiet workout experience, allowing for use without disturbing others.

3.2 Exercise Benefits

Rebounding offers numerous health benefits, including improved cardiovascular health, enhanced balance and coordination, and increased lung capacity. It is a low-impact exercise, making it suitable for individuals seeking joint-friendly workouts.



Figure 6: The trampoline is built with 32 high-strength bungees and 3mm thickened steel, supporting up to 450 LBS for a secure workout.

4. MAINTENANCE

Regular maintenance ensures the longevity and safety of your trampoline.

- **Check Legs:** Periodically check that all legs are screwed in tightly. If any loosen, re-tighten them immediately.
- **Inspect Bungees:** Regularly inspect the bungee cords for any signs of wear, fraying, or damage. Replace any damaged bungees promptly.
- **Clean Mat:** The PP mat is robust and breathable. Clean the jumping mat with a damp cloth and mild soap as needed. Avoid harsh chemicals.
- **Storage:** When not in use, the unique foldable frame structure allows for easy storage. The folded size is approximately 15" x 30", making it convenient to store under a bed, behind a sofa, or in a closet.

STORAGE



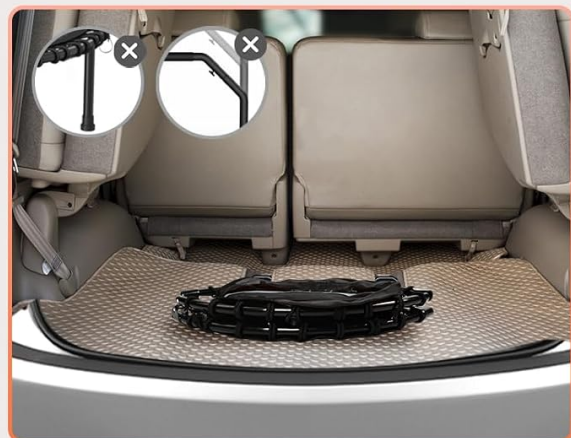
Daily-Against the wall



Daily-Under the bed



Daily-Under the bed



Move place

Figure 7: The trampoline's foldable design allows for convenient storage against a wall, under a bed, or in a car trunk.

5. TROUBLESHOOTING

- **Wobbling:** If the trampoline wobbles during use, ensure all legs are securely tightened. Check that the trampoline is placed on a flat, even surface.
- **Uneven Bounce:** An uneven bounce may indicate that some bungee cords are loose or damaged. Inspect all bungees and re-tension or replace as necessary.
- **Difficulty Folding/Unfolding:** Ensure all safety pins are disengaged before attempting to fold or unfold. If the frame is stiff, apply gentle, even pressure.

6. SPECIFICATIONS

Feature	Detail
Brand	BCAN
Model Name	TX-6232CU
Color	40-BLACK
Frame Size	40 Inches
Product Dimensions	39"L x 39"W x 7.5"H
Frame Material	Stainless Steel
Number Of Bungees	32
Weight Capacity	450 LBS
Handlebar Adjustment	4-level (2'6" to 3'5" from mat)
Folded Size	15" X 30"

7. WARRANTY AND SUPPORT

The BCAN Foldable Mini Trampoline comes with a **1-year manufacturer's warranty**. For any product inquiries, technical support, or warranty claims, please contact BCAN customer service. Refer to the original product packaging or purchase documentation for specific contact details.

You can also visit the official BCAN store on Amazon for more information and support: [BCAN Store](#)